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GOING FISHING ??

Winnipeg Hydro would like to remind fishermen about the dangers of fishing in waters near hydro-electric generating plants or in the vicinity of transmission lines.

Be sure when casting from a bridge or high ground that your line has plenty of clearance from overhead transmission lines. Contact between a wet fishing line and the power line could spell disaster, because a wet line is an excellent conductor of electricity.

Fishing in the waters above or below a Hydro plant poses another problem. With the sudden opening of a sluice gate, controlled automatically from possibly miles away, relatively calm waters can be turned into a raging torrent in a matter of minutes. Even with this year's low water levels, the marked change during the short period of time this operation takes, could put you in a potentially dangerous situation.

While the fishing regulations regarding limits, and seasons for the various varieties will be unchanged this season, exceptionally low waters have resulted in some winter kill, which might have an affect on how good the fishing will be. You can still, however, go after the big lunker in many of Manitoba's great fishing spots. So, take the whole family out and enjoy yourself. But, remember, play it safe while boating in waters near hydro-electric plants and while casting near transmission lines. Good luck!

CHECK HOUSE WIRING . . .

When was the last time you checked your electrical system? We always make sure our car is tuned up, our filters for the furnace are changed and our home is kept attractive, but, has the electrical system in your home been inspected lately? The electrical system is the nerve centre of a house. If it fails, literally everything goes, but the odds are it is never looked at for the entire life of the house. This is a bad policy because it could lead to poor performance of appliances and possibly unsafe conditions. But, how do you maintain an electrical system? You can start by following these suggestions:

Don't overload circuits. If fuses and circuit breakers trip frequently, it's a warning that the circuit is overloaded. Find out why, and then remedy the situation. Examine the panel board to ensure that fuses or circuit breakers are no larger than 15 Amps, unless a special circuit is used.

When adding any heavy duty appliances, such as an air conditioner, have a qualified electrician inspect the branch circuits and receptacles to ensure they will accept the additional load. Canadian Standard Association investigations indicate that some receptacles have been poorly installed. These receptacles will still perform adequately for small appliances but may not stand up to a heavy or cycling load. (e.g. baseboard heating or air conditioning.)

Check grounding. A small device known as a grounding circuit tester may be purchased at hardware stores to check for grounding continuity of receptacles.

When a car changes hands it is certified for safety in some provinces. When a house is purchased it is a good idea to have the electrical system checked for wear and tear.

When building or renovating, inform the electrician where you intend to install heavy duty appliances so proper receptacles, switches and wiring components will be used.



Because 75% of all forest fires in Canada are due to human causes, the Manitoba Forestry Association Incorporated reminds travellers to exercise extreme caution in our forests this summer. All indications point to another year of very dry conditions, which demands an extra degree of care from all of us who enjoy the great outdoors. Please observe restrictions on open fires throughout the province, and of course anywhere you might be travelling. Smokers should be careful how and where they dispose of cigarette or cigar butts, pipe ashes and matches.

A forest's future is in your hands. So, let's make sure they will be there to enjoy next year and the following year and the year after that



KITE SAFETY

It won't be too long now before the residents of Manitoba are enjoying life in the great outdoors, in warmer weather. One outdoor pastime that is being revived rather extensively, is kite flying . . . a relaxing outside activity enjoyed by young and old alike. While many people use kites that are sold commercially, others get more fun out of trying to reach greater heights with their own creations.

But like most outdoor activities, including sports, there are certain precautions to observe, because under certain circumstances it can be dangerous. Winnipeg Hydro advises the parents of young kite flyers and, of course, older kite flyers themselves, of the following precautions:

- Always fly kites in large, open areas away from all obstructions. Do NOT fly a kite during an electrical storm.
- Streets and roads are not the place to fly kites. A child, preoccupied with a kite, could easily run into the path of an automobile.
- Here are a few other obstacles to avoid: Keep clear of all electrical wires and poles - transmission towers - buildings - ditches - electrical signs - railroad tracks - construction sites - reservoirs - radio and T.V. antennas.
- NEVER use wire in place of string - it makes too good a conductor. If it comes near or in contact with overhead electrical wires, the handler could get burned. Wet shoes, or wet ground, only helps to compound this danger.
- Don't climb trees, poles or buildings in trying to retrieve a kite; it's better to lose a kite than risk life or limb in a fall.
- NEVER attempt to recover a kite caught in electrical wires . . . it is an extremely dangerous practice. If this should happen, contact your local utility, immediately.

Sugar 'N' Spice

By MARION ROGERS, B.Sc.H.Ec.
Home Service Director



CHICKEN CACCIATORE

1 (3 - 4 lb.) fryer, cut-up	2 tsp. salt
2 tbsp. fat	½ tsp. pepper
1 onion, thinly sliced	1 (10 oz.) can mushrooms, stems and pieces (drained)
1 clove garlic, minced (optional)	½ cup dry red wine (optional)
1 cup hot water	
1 (5½ oz.) can tomato paste	

Cook chicken in hot fat. Add onion and garlic. Cook until golden brown. Add water, tomato paste, and seasonings. Simmer, covered until the chicken is tender, about 1 hour. Add mushrooms and wine. Simmer uncovered 5 minutes.
YIELD: 4 to 6 servings.

ONION RINGS

Batter

1 cup all-purpose flour	1 egg
1 tsp. baking powder	1 cup milk
½ tsp. salt	¼ cup vegetable oil

Sift and measure flour. Blend dry ingredients in bowl. Mix eggs, milk and oil. Add to dry ingredients. Beat with rotary beater until smooth. Cut large Spanish or Bermuda onions crosswise into 1/3 to 1/4 inch slices. Separate into rings. Dry onion thoroughly, coat generously with flour. Using tongs, dip food into batter (above), letting excess drip off. Fry a few at a time in ½ to 1 inch deep hot fat or oil until golden brown, about 2 minutes. Drain on absorbent paper.

To obtain a copy of our booklet, "Focus on Food — Old Standbys", call in at Winnipeg Hydro, 5th Floor, Administration Building, in Winnipeg's Civic Centre on Main Street, or telephone 946-0208.